
































8 Week Training Plan

	Week 	Week 	Week 	Week 
Monday 	Easy Swim DONE  • 40 minutes lap swimming • Focus on technique	Swim DONE  • 20 min warm up • 12 x 25m drills • 10 x 100m w 30 sec rest (5 mod- 5 hard)	Swim DONE  • 10 min warm up; • 8 x 50m drills; • 40 min easy	Swim DONE  • 20 min warm up; • 6 x 50m drills • 12 x 100m w 30 secs rest (6 mod/6 hard)
Tuesday 	Easy Bike DONE  • 1 hour easy • Focus on holding a high cadence (>90RPM)	Bike DONE  • 10 min warm up • 5 x 3 min hard w 60 secs easy; • 15 min easy cool down	Bike DONE  • 10 min warm up; • 60 min moderate, • focus on maintaining high cadence +85rpm	Bike DONE  • 20 min warm up; • 15 x 60 secs low gear spins @ 105-120RPM; • 30 min mod
Wednesday 	Run DONE  • 15 min warm up • 8 x 30 sec hard hill sprints • 25 min moderate pace	Run DONE  • 1 hr easy run, • focus on technique and cadence (>165spm)	Run DONE  • 15 min warm up • 8 x 30 secs hard hill sprints; 25 min easy	Run DONE  • 10 min warm up; • 4 x 6 min hard w 90 secs rest; • 10 min very easy cool down
Thursday	Rest Core & Flexibility DONE 	Rest Core & Flexibility DONE 	Rest Core & Flexibility DONE 	Rest Core & Flexibility DONE 
Friday 	Swim DONE  • 10 min warm up; • 8 x 25m very hard w 40 secs rest; 30 min easy	Swim DONE  • 50 min mod, • focus on technique	Swim DONE  • 10 min warm up • 6 x 50m very hard w 60 secs rest; • 30 min easy	Swim DONE  • 10 min warm up; • 5 x 300m mod w 30 secs rest; • 10 min cool down
Saturday 	Bike DONE  • 10 min warm up; • 40 min easy w 4 x 1 min very hard @ >90RPM	Brick DONE  • 40 min mod bike at 90RPM • directly followed by 10 min easy run	Bike DONE  • 10 min warm up • 2 x 20 min hard w 2 min easy; • 10 min cool down	Brick DONE  • 40 min hard bike at 85RPM directly followed by 15 min mod run
Sunday 	Run DONE  • 50 min easy run with strides at end	Run DONE  • 15 min WU; 5 x 4 min hard w 60 secs rest, • 10 min very easy cool down	Run DONE  • 10 min warm up • 40 min mod run on trails or rolling hills	Run DONE  • 20 min easy; 8 x 30 secs very hard w 60 secs easy • 10 min cool down

	Week 	Week 	Week 	Week 
Monday 	Swim DONE  • Open water if possible: 45 min easy, • focus on technique, sighting	Swim DONE  • Open water if possible: 50 min moderate	Swim DONE  • Open water if possible: 20 min easy, 30 min hard	Swim DONE  • Open water if possible: 10 min easy, 20 min mod, • 10 min cool down
Tuesday 	Bike: DONE  • 10 min warm up • 3 x 20 min hard with 2 min easy, 10 min cool down	Bike DONE  • 20 min warm up • 15 x 60 secs low gear spin-ups @105-120RPM, 30 min easy	Bike DONE  • 90 min mod with mid 20 min hard	Rest up! DONE  
Wednesday 	Run DONE  • 1 hr easy run with strides at end	Run DONE  • 10 min warm up • 6 x 5 min hard w 90 secs rest; • 10 min very easy cool down	Run DONE  • 15 min warm up; • 8 x 30 secs very hard hill sprints; • 20 min hard; • 10 min cool down	Brick DONE  • 10 min easy + 15 min hard bike; • directly followed by a 5 min hard run, • 10 min cool down
Thursday	Rest DONE  Core & Flexibility	Rest DONE  Core & Flexibility	Rest DONE  Core & Flexibility	Rest DONE  Core & Flexibility
Friday 	Swim DONE  • 20 min warm up • 12 x 25m drills; 6 x 50m very hard w 60 secs rest; • 10 min cool down	Swim DONE  • 10 min warm up; 3 x 400m w 60 secs rest (1 mod, 1 hard, 1 very hard); • 15 min cool down	Swim DONE  • 10 min warm up • 5 x 200m w 40 secs rest (3 mod, 2 easy), • 15 min Cool down	Swim DONE  • 10 min warm up • 10 x 25m drills; 6 x 25m very hard w 60 secs rest, • 10 min c/down
Saturday 	Bike DONE  • 10 min warm up • 40 min easy w 4 x 1 min very hard @ >90RPM	Brick DONE  • 50 min mod bike at 90RPM, directly followed by 10 min hard run	Brick DONE  • 10 min easy + 20 min hard bike directly followed by 15 min easy run	Brick DONE  • 20 min easy bike directly followed by 10 min easy run
Sunday 	Run DONE  • 15 min warm up • 30 min hard run • 10 min cool down	Run DONE  • 1 hr easy run on trails or rolling hills with strides at end	Run DONE  • 45 min mod run on trails or rolling hills with strides at end	RACE DAY Good luck!

Intensity Levels



Very Easy:	50-60% HR Max
Easy:	60-70% HR Max
Moderate:	70-80% HR Max
Hard:	80-90% HR Max
Very Hard:	90-95% HR Max

Core and Flexibility



Planks (front and side)	Stretches (Quads, Hamstrings, Calves, Glutes)
Bird Dog	Foam Roller (Quads, Hamstrings, Calves)
Bridges	Upper and Lower Back Mobility
Side Lying Leg Lifts	Shoulder Mobility

Active Recovery



Easy Walk
Swim/Pool Walk
Yoga